



# Australian Bureau of Statistics

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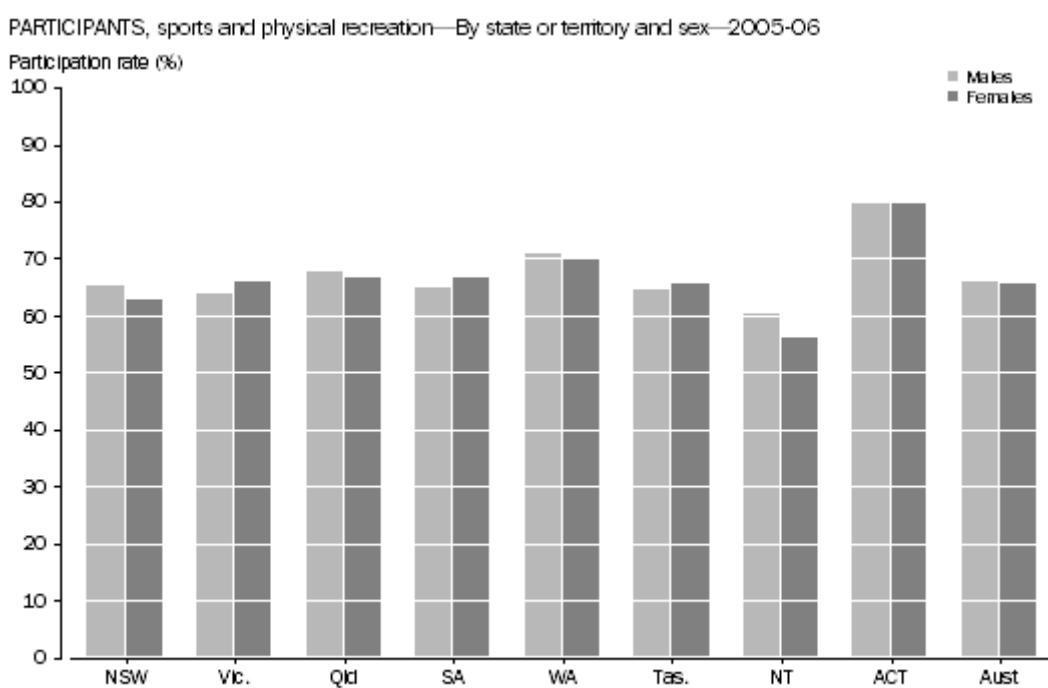
## Participation in Sports and Physical Recreation How ACT Residents Shape up

Data presented in this article are taken from the ABS publication *Participation in Sports and Physical Recreation, Australia, 2005–06* (cat. no. 4177.0). This article presents information about participation in sports and physical recreation activities across a number of geographic and demographic variables, for persons aged 15 years and over who participated in sport and physical recreation activities as a player.

### Participation rates across age groups

The highest participation rates in the ACT were reported by persons aged 55–64 years (82%), with the lowest for persons aged 18–24 years (76%). Nationally, the highest participation rate was for persons aged 25–34 years (75%).

Of note: ACT females aged 15–17 years all reported to have participated in sports and physical recreation activities, compared with 75% nationally; and ACT residents aged 65 and over reported a participation rate of 77%, compared with 49% nationally.



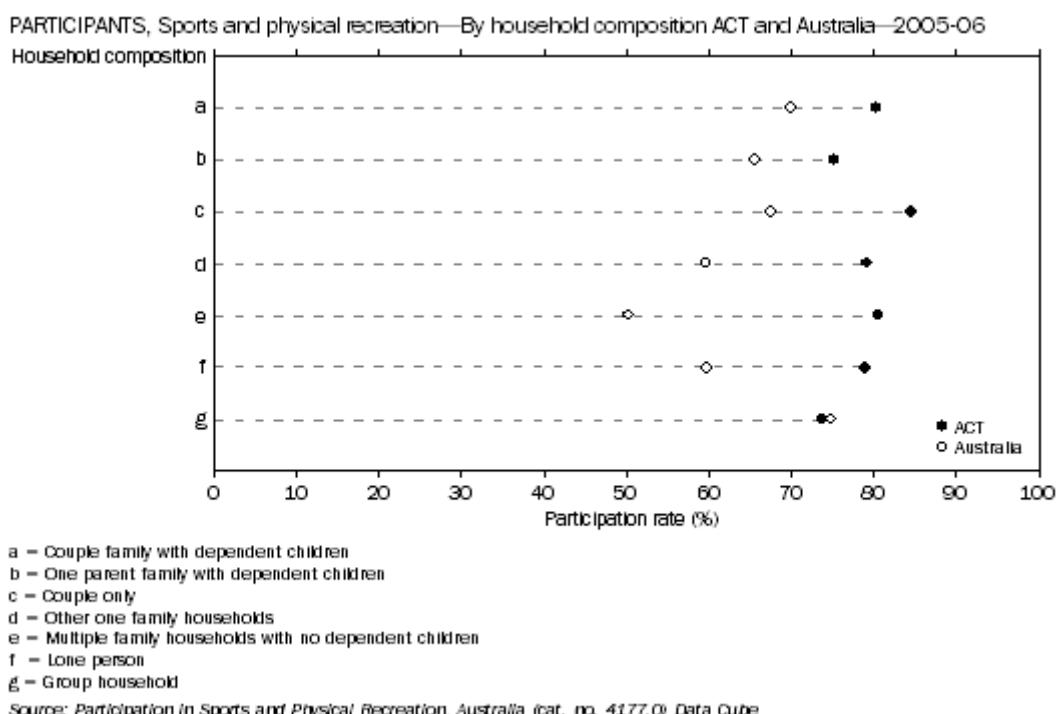
Source: *Participation in sports and physical recreation, Australia* (cat. no. 4177.0) Data Cubes

## Main activities

Among ACT residents the most commonly undertaken forms of physical recreation were walking (36%), aerobics/fitness (18%) and cycling (12%).

## Household composition

The highest recorded participation rate for the ACT in 2005–06 was by Couple only households at 85%, followed by Multiple family households with no dependent children, with a participation rate of 81%. Nationally, the highest recorded participation rate was for Group households (75%), followed by Couple families with dependent children (70%).



## Employment status

ACT residents who were employed, reported the highest participation rate in sport and physical recreation activities (82%) – higher than the unemployed and those not in the labour force. Employed females had a higher participation rate (84%) than employed males (80%). Nationally, the highest recorded participation rate was also for employed persons, at 73%. The lowest participation rate recorded nationally was for those persons not in the labour force (55%).

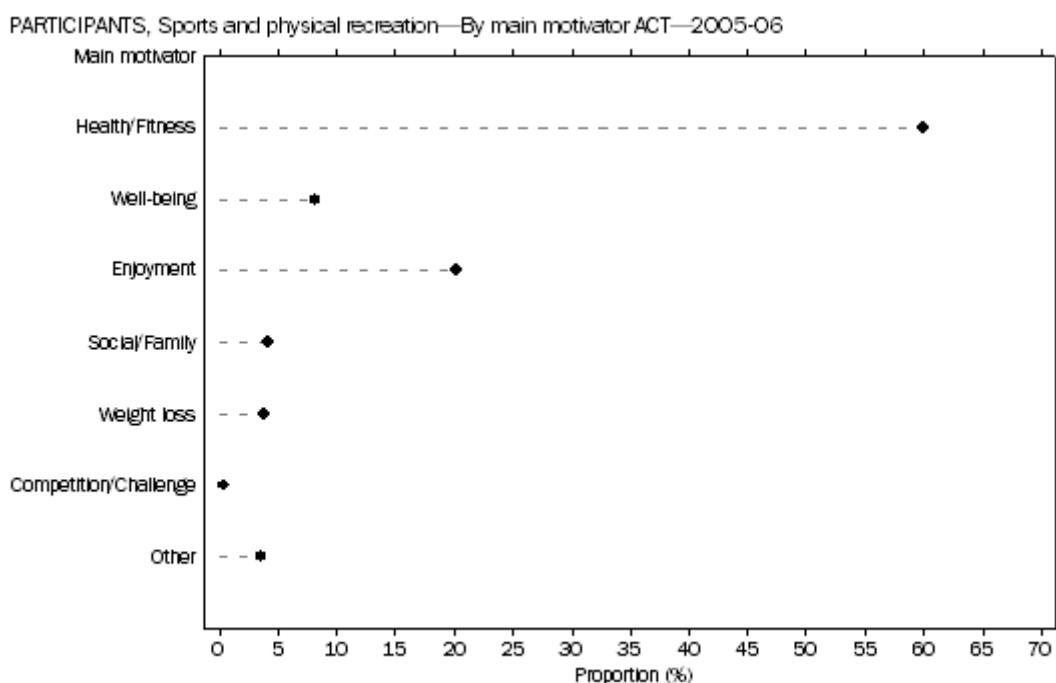
## Country of birth

ACT residents who were born outside Australia, in countries where English is the main language spoken, reported a higher participation rate (90%) than residents who were born in Australia (82%) or residents born in other overseas countries (66%). Nationally, 72% of residents born in countries where English is the main language spoken, reported participating in sport and physical recreation activities in 2005-06, compared with 68% of those born in Australia and 52% of those born in other countries.

## Main motivators and constraints

Information about motivators relates to those respondents who participated in all activities at least 13 times in the 12 months prior to interview.

The main motivator for participation in sports and physical recreation by ACT residents was health and fitness, where 60% of respondents reported this as their main motivator to participation. This was followed by enjoyment (20%), then purposes of well-being (8%). Only 0.4% of ACT respondents reported competition and challenge as the main motivator. Nationally the pattern was similar, with health and fitness standing out as the main motivator for participation (54%).

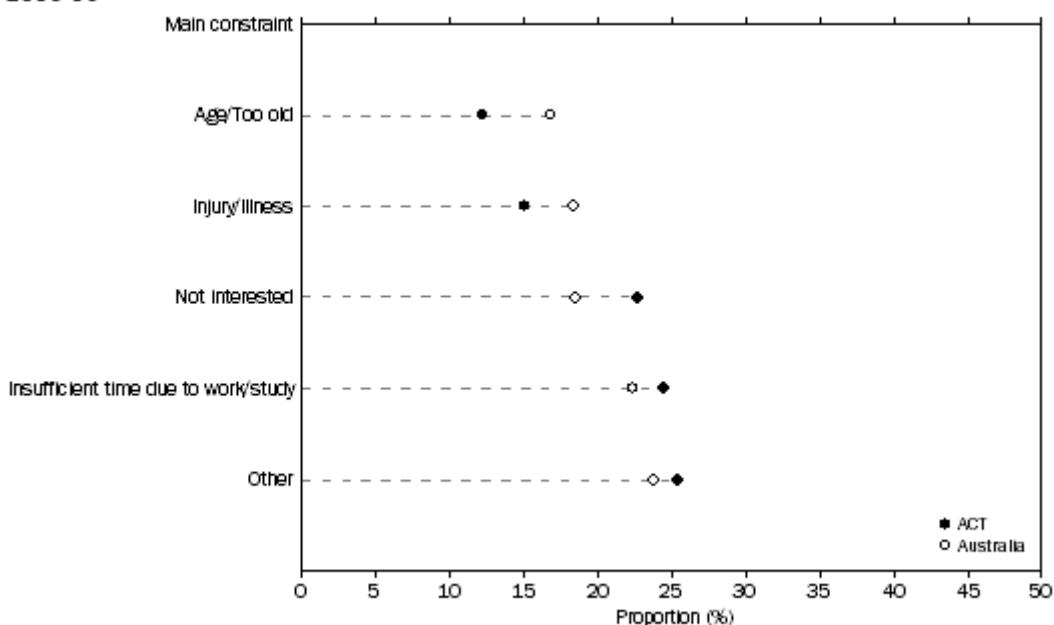


Source: *Participation in Sports and Physical Recreation, Australia* (cat. no. 4177.0) Data Cube

Information about constraints relates to those respondents who were either non-participants or who participated 1–12 times in all activities in the 12 months prior to interview.

The main constraints to participation in sport and physical recreation activities for ACT residents included insufficient time due to work or study (24% of respondents), lack of interest (23%), and age (12%). This was consistent with the national pattern, where 22% of respondents cited work or study reasons, 19% reported a lack of interest and 17% cited age.

NON-PARTICIPANTS AND LOW LEVEL PARTICIPANTS, Sports and physical recreation—By main constraint ACT—  
2005-06



Source: *Participation in Sports and Physical Recreation, Australia* (cat. no. 4177.0) Data Cube

## Further Information

Further information on participation in sports and physical recreation activities in the ACT and Australia can be found in *Participation in Sports and Physical Recreation, Australia* (cat. no. 4177.0). Further information on ACT related statistics can be found on the ABS website <[www.abs.gov.au](http://www.abs.gov.au)>

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